

Health Matters Podcasts	Audio Link	Transcript Link
1 Love Yourself First	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_001_Love_Yourself_First.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_001_Love_Yourself_First.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_001+Script+Love+Yourself+First.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_001+Script+Love+Yourself+First.pdf</a>
2 Roadmap for Vibrant Health	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_002_Roadmap_For_Vibrant_Health.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_002_Roadmap_For_Vibrant_Health.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_002+Script+Roadmap+for+Vibrant+Health.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_002+Script+Roadmap+for+Vibrant+Health.pdf</a>
3 Everything Counts	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_003_Everything_Counts_Final.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_003_Everything_Counts_Final.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_003+Script+Everything+Counts.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_003+Script+Everything+Counts.pdf</a>
4 Doing Drugs in Public	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_004_Doing_Drugs_in_Public.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_004_Doing_Drugs_in_Public.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_004+Script+Doing+Drugs+in+Public.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_004+Script+Doing+Drugs+in+Public.pdf</a>
5 Give Peace a Chance	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_005_Give_Peace_a_Chance.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_005_Give_Peace_a_Chance.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_005+Transcript+Give+Peace+a+Chance.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_005+Transcript+Give+Peace+a+Chance.pdf</a>
6 Getting Support	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_006_Getting_Support.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_006_Getting_Support.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_006+Transcript+Getting+Support.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_006+Transcript+Getting+Support.pdf</a>
7 Grazing vs 3 Square Meals	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_007_Grazing_vs_Three_Square_Meals.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_007_Grazing_vs_Three_Square_Meals.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_007+Transcript+Grazing+vs+Three+Square+Meals.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_007+Transcript+Grazing+vs+Three+Square+Meals.pdf</a>
8 Knock It Off. The Five Rules for Weight Loss and Optimal Health	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_008_Knock_It_Off.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_008_Knock_It_Off.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_008+Transcript+Knock+it+Off.+The+Five+Rules+for+Weight+Loss+and+Optimal+Health.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_008+Transcript+Knock+it+Off.+The+Five+Rules+for+Weight+Loss+and+Optimal+Health.pdf</a>
9 Personal Growth and Your Health	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_009_Personal_Growth_and_Your_Health.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_009_Personal_Growth_and_Your_Health.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_009+Transcript+Personal+Growth+and+Your+Health.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_009+Transcript+Personal+Growth+and+Your+Health.pdf</a>
10 Calorie Consciousness vs Calorie Counting	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_010_Calorie_Counting_vs_Calorie_Consciousness.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_010_Calorie_Counting_vs_Calorie_Consciousness.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_010+Transcript+Calorie+Consciousness+vs+Calorie+Counting.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_010+Transcript+Calorie+Consciousness+vs+Calorie+Counting.pdf</a>
11 Working from the Inside Out	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_011_Working_from_the_inside.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_011_Working_from_the_inside.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_011+Transcript+Working+from+the+Inside+Out.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_011+Transcript+Working+from+the+Inside+Out.pdf</a>
12 Are You Addicted to Stress	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_012_Are_You_Addicted_to_Stress.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_012_Are_You_Addicted_to_Stress.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_012+Transcript+Are+You+Addicted+To+Stress.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_012+Transcript+Are+You+Addicted+To+Stress.pdf</a>
13 Leave a Legacy of Health	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_013_Leave_a_Legacy_of_Health.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_013_Leave_a_Legacy_of_Health.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_013+Transcript+Leave+a+Legacy+of+Health.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_013+Transcript+Leave+a+Legacy+of+Health.pdf</a>
14 Why Stretching matters Part One	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_014_Why_Stretching_Matters_Part_One.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_014_Why_Stretching_Matters_Part_One.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_014+Transcript+Why+Stretching+Matters+Part+One.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_014+Transcript+Why+Stretching+Matters+Part+One.pdf</a>
15 Why Stretching matters Part Two	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_015_Why_Stretching_Matters_Part_Two.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_015_Why_Stretching_Matters_Part_Two.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_015+Transcript+Why+Stretching+Matters+Part+Two.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_015+Transcript+Why+Stretching+Matters+Part+Two.pdf</a>
16 Eat Your Veggies	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_016_Eat_Your_Veggies.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_016_Eat_Your_Veggies.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_016+Transcript+Eat+Your+Veggies.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_016+Transcript+Eat+Your+Veggies.pdf</a>
17 Gary Salyer the We in Wellness	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_017_The_We_in_Wellness.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_017_The_We_in_Wellness.mp3</a>	(No Transcript)
18 Marriage of Love and Health	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_018_Love_and_Health.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_018_Love_and_Health.mp3</a>	(No Transcript)
19 Debra Shapiro	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_019_Plant_Based_Diet_Dr_Debra.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_019_Plant_Based_Diet_Dr_Debra.mp3</a>	(No Transcript)
21 Dr Karen Wolfe Gut Matters	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_021_Gut_Matters.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_021_Gut_Matters.mp3</a>	(No Transcript)
23 Giving Thanks for an Embodied Life	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_023_Giving_Thanks_for_an_Embodied_Life.mp3">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_023_Giving_Thanks_for_an_Embodied_Life.mp3</a>	<a href="https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_023+Transcript+Giving+Thanks+for+an+Embodied+Life.pdf">https://health-matters-podcast-downloads.s3.amazonaws.com/HMP_023+Transcript+Giving+Thanks+for+an+Embodied+Life.pdf</a>
25 Debra Shapiro Podcast May 3 VIDEO	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_025+Debra+Shapiro+Rosie+Bank+podcast+video.mp4">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_025+Debra+Shapiro+Rosie+Bank+podcast+video.mp4</a>	(No Transcript)

26 Kathy Dmura Interview VIDEO	<a href="https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_026+Kathy+DMura+Interview+captioned+video.mp4">https://health-matters-podcast-audios.s3-us-west-1.amazonaws.com/HMP_026+Kathy+DMura+Interview+captioned+video.mp4</a>	(No Transcript)
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